

A SPRING FOOD RALLY TO SPARE THE WHEAT

By VIRGINIA CARTER LEE

SAVING every particle of wheat flour in planning and preparing the daily menus is now the most important food problem, and it is really wonderful what a small amount is necessary when other cereals, meals and flours are wisely used.

Bread, even of the war-time varieties, is conspicuous by its absence from all the evening dinners, many of the breakfasts and even some of the luncheons for the coming week, cereals or potatoes being substituted in its place.

Unfortunately, we have been in the habit of demanding bread for every meal, just as we serve butter and rich gravies and sauces together; but now that the necessity has arisen for saving every possible spoonful of wheat flour, we find that crisp squares of fried hominy or polenta (cornmeal) are quite as good as the lightest of bread or rolls.

Chickens and fowls have not been used for the past few weeks in the menu service owing to the embargo on the "laying hen," but now that this has been lifted suggestions are offered for two "chicken dinners" in the present week that are particularly good. The hominy crust for the pie is highly recommended, and if there is any difficulty in browning it in the oven run it under the broiler of the gas range for two or three minutes. This method is also recommended for browning cereal rolls and muffins, which are so apt to scorch on the bottom before they are crisply brown on top.

Several cereal dishes for breakfast are enriched by the addition of eggs, and the moulded meringue cereal is a very good example of this class of recipe. Almost any of the lighter varieties of cooked cereal can be utilized. After it is cooked and seasoned to taste, fold in for each pint the stiffly whipped whites of two eggs and two tablespoonsful of whipped cream. Cool the cereal before adding the cream and egg whites and mould as for blanc mango or jelly. Served with fruit and thin cream it may combine the courses of an entire breakfast, especially on a warm spring morning.

Purchases for the week will include at the butchers one pound and a half of stewing veal at 28 cents a pound, one four pound fowl at 32 cents a pound, one pound and a quarter of Hamburg steak at 30 cents a pound, and two pounds of rack of lamb at 35 cents a pound.

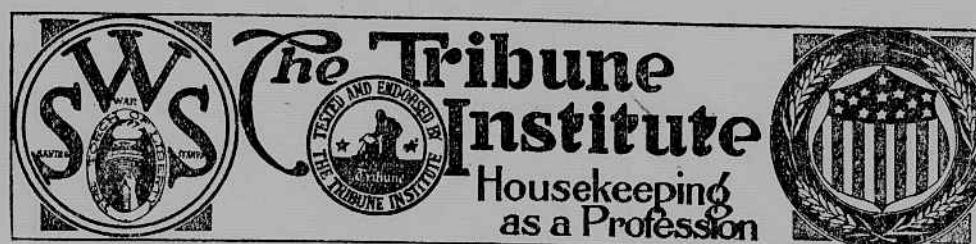
At the fish market, one shad at 70 cents, one pound of flounder at 15 cents, and two pounds of cod steaks at 18 cents a pound. One pound and a half of table butter at 16 cents, five quarts of bulk milk at 10 cents a quart, one quarter pint of cream at 12 cents a bottle and two dozen eggs at 40 cents a dozen will be required to follow the menus as planned, and the marketing prices should run at the following approximate figures:

Butcher's bill.....	\$2.78
Fish bill.....	1.21
Butter and oil.....	.87
Milk and cream.....	.62
Eggs.....	.80
Groceries, including fruits and vegetables.....	5.72
	\$12.00



We have chickens, meat and fish in fair abundance and practically no "war reason" for conserving them. In addition, the fresh vegetables and eggs are at their best. Potatoes and onions are oversupplied, and all we need to do is to select from this abundance what best suits our tastes and our pocketbooks and concentrate on saving the wheat. Special recipes are given to help in making this war sacrifice as painless as possible, though it should be cheerfully made at any cost.

A. L. P.



TESTED RECIPES

Chicken Pie With Hominy Crust

Simmer the fowl, that has been disjointed as for fricassee, until tender and add a little chopped celery, a bay leaf and a sliced onion to the water while cooking. Season with salt and paprika half an hour before it is done. Remove the pieces of chicken to a deep baking dish and nearly cover with chicken gravy made from some of the strained liquor in which it has cooked, enriched with a few spoonfuls of cream and thickened with the addition of a little cornstarch moistened with cold water. Have ready some freshly boiled hominy. Season to taste with salt, paprika and a little melted oleo and moisten with beaten egg mixed with milk to a consistency, so that it will spread easily. Spread over the top of the pie, brush over with oleo and brown in a quick oven. This crust (which should be thin and crispy) saves the wheat flour and is delicious with the chicken gravy.

Salmi of Chicken

This is a useful recipe when a small amount of chicken must furnish the basis of a meal. Cut the meat in dice and also the cooked giblets not used in the pie. Cook together two tablespoonsful of hot shortening with one tablespoonful each of chopped celery, carrots and onion and when slightly browned take out the vegetables, blend in one tablespoonful of cornstarch and add slowly a cupful and a half of the strained chicken liquor in which the fowl was cooked. Cook, stirring constantly for seven minutes. Season with salt, paprika, celery salt and a few drops of kitchen bouquet and add the chicken meat and giblets. Cook slowly for ten minutes, add a few shelled olives and serve on a platter surrounded with a border of fried polenta squares.

Hominy Soufflé

Have ready two cupfuls of cooked hominy and add one small cupful of cold milk, salt to taste, two tablespoonsful of melted oleo and the stiffly beaten yolks of two eggs. Stir over hot water for a couple of minutes after the eggs are added, then remove from the fire, cool slightly and fold in the whipped egg whites. Turn quickly into a buttered soufflé dish and bake until well risen and browned. A little grated cheese may also be added.

Oatmeal Scones

To one cupful of well-cooked bulk oatmeal add one cupful of skim milk and stir until thoroughly mixed; then add salt to taste, two teaspoonsful of honey, one tablespoonful of melted shortening and half a cupful each of white flour and rice flour, sifted, with four teaspoonsful of baking powder. Add additional rice flour to form a dough that can be handled and have it as soft as possible. Roll out one inch thick, cut in triangles and bake on a well-greased griddle. Serve split open, buttered and accompanied by a tart marmalade.

Strawberry Custard

This is a very economical frozen dainty, and it is very good. Prepare one generous pint of thick boiled custard from one pint of milk, one tablespoonful of cornstarch, a pinch of salt and two eggs beaten with two tablespoonsful of sugar. Cook the custard with the milk for five minutes before adding the eggs. Remove from the fire, cool, flavor with vanilla extract and when cold turn into a chilled freezer. Freeze slowly until the cream begins to congeal and add one large cupful of strawberry purée made from the fresh berries, sweetened to taste and pressed through a potato ricer. A few spoonfuls of whipped cream added to the fruit is an improvement. Continue to freeze slowly until firm and smooth.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST (no bread) Compote of Grapefruit and Orange Hominy Soufflé Coffee	BREAKFAST (no bread) Stewed Rhubarb Fried Oatmeal Mash Syrup Coffee	BREAKFAST (no bread) Strained Orange Juice Creamed Eggs in Rice Cases Watercress Coffee	BREAKFAST (no bread) Barley Mush with Shredded Dates Fried Flounder Creamed Potatoes Coffee	BREAKFAST Stewed Dried Fruit Moulded Meringue Cereal with Thin Cream Coffee	BREAKFAST Sliced Pineapple Creamed Cod (left-over) Southern Hominy Bread Coffee	BREAKFAST (no bread) Halved Grapefruit Shirred Eggs with Cheese Potato Cakes Coffee
LUNCHEON (no bread) Cream of Lettuce and Tapioca Soup Rolled Oat Crackers Strawberry Whip	LUNCHEON Barley Meal and Rice Flour Biscuits (filled with minced veal croquettes) Ginger Orangeade	LUNCHEON Fish Salad Vinaigrette Corn Dodgers Dressing Stewed Prunes	LUNCHEON (no bread) Escalloped Cheese with Rice and Pimientos Lettuce Salad Apple Custard	LUNCHEON Egg and Potato Hash Bread from Rolled Oats Grapefruit Salad	LUNCHEON Vegetable Salad Oatmeal Scones Rhubarb Marmalade Cocoa	LUNCHEON OR SUPPER Peppers Stuffed with Corn and Tomatoes Buttermilk Bread (made from rice and wheat flour) Fruit Jelly
DINNER (no bread) Clear Tomato Soup Veal Croquettes Baked Potatoes Green Peas Watercress Salad Baked Apples	DINNER Broiled Shad Escalloped Potatoes Spinach Indian Pudding	DINNER (no bread) Vegetable Soup Chicken Pie with Hominy Crust Potato Puff String Beans Fruit (canned or fresh)	DINNER (no bread) Cream of Corn Soup Salmi of Chicken Fried Polenta Squares Dandelion Greens Strawberries	DINNER (no bread) Chicken Soup with Rice (from chicken bones) Fried Cod Steaks Carrot Timbales Watercress Peach Tapioca	DINNER (no bread) Cream Spinach Soup Panned Hamburg Steak with Onions Hashed Browned Potatoes Snow Pudding	DINNER (no bread) Roast Rack of Lamb Mint Sauce Browned Potatoes Fried Hominy Squares Frozen Strawberry Custard

Adapted Hawaiian Dishes

By AGNES GLASCOV

These recipes are American and English adaptations of some of the very toothsome Hawaiian dishes. They are especially dainty and original for tea time or the supper table in the spring.



Hawaiian Pineapple Salad

(As served by an English hostess)

Pare and cut into irregular bits one well ripened pineapple. Place in a porcelain dish and set on the ice to chill. Next beat separately to a stiff froth the whites of two eggs and a cupful of cream. Gently whip the eggs and cream together, gradually adding a half cup of finely powdered white sugar. Next drop the chilled pineapple little by little into this sauce. Serve upon the leaves of crisp curly green lettuce. Over the top of the salad dust the smallest amount of grated nutmeg. The blend of the nutmeg and pineapple flavors gives the quaint—I had almost written aboriginal—Hawaiian touch, and is delightful.

Cocoanut Blanc Mange

(As served by an American hostess)

Prepare the usual cornstarch blanc mange with milk and cornstarch—no eggs. To do this, place in a porcelain dish three cupfuls of milk. Add to the milk one cupful of sugar and place over a slow fire until it reaches the boiling point. Have ready one cupful of milk in which has been dissolved six tablespoonsful of cornstarch. Stir this little by little into the boiling milk. While this paste is still hot beat in a heaping cupful of freshly grated cocoanut. Turn into jelly moulds and set on the ice to harden. Serve with either whipped or plain cream. If whipped cream is used a few candied violets are attractive garnishes when placed on top of the blanc mange mould.

These delicate sandwiches were served by the Japanese servant of one hostess and would give any tea table a special charm:

Rice Cakes and Pineapple Sandwiches

Spread a thin layer of pineapple marmalade over a Japanese rice cake. On top of this drop tiny shreds of the fresh pineapple, and over all place a second rice cake.

Sunset Sandwiches

A brown bread similar to our Boston brown bread was used for these appetizing sandwiches. Cut thin slices from a cone of bread and then have those slices so that they are crescent shaped. Spread thinly with butter; over this sprinkle a dash of grated American cheese, the richest suggestion of red pepper and thin slices of yellow tomato. Cover with the other crescent of bread.

These sandwiches were served wrapped in small Japanese paper napkins by the Japanese servant.

A refreshing drink served by the same Japanese was called the "Hawaiian jingle drink"—jingle, I presume, because of the tinkling of the pieces of ice in the tall glasses. This was made by filling the glasses one-fourth full of pineapple syrup, adding a spoonful of fresh pineapple, a thin slice of lemon, a dash of cracked ice and filling up the glass with water from the syphon.



ARE YOU CONSERVING YOUR FEET?



By MARY HAMILTON TALBOTT

THERE is a saying among military men which forcibly expresses the importance of the feet: "A soldier on the march is no better than his feet. One who has not free and perfect use of his feet in a campaign is about as useless as a half-blind soldier would be in the work of a sharpshooter."

This is just as true of the housewife, especially one who belongs to the ever increasing army of women who must do their own work.

A prominent foot specialist says: "Three-fourths of the wrinkles, two-thirds of the backaches, one-third of the cases of rheumatism and half the troubles about which women complain can be traced directly to the atrocities which women commit against their long suffering standpatters." Statistics show women to be the greatest foot sufferers.

What Housework Does to Feet

Why should women suffer more with their feet than men? Primarily because the very time they should give their feet the greatest care is the very time they misuse them—and this is in the house, about their various duties.

What kind of shoes are you wearing about your work? Just the old ones that are too shabby for the street, loose at the instep, run over at the heel? No wonder your face is all wrinkled up because your feet are hurting so badly.

Your shoes may be all right as to size and shape, but unless fastened properly at the point of control—the instep, every time you put your foot on the floor in walking it pushes down into the toe of your shoe. At certain spots on the foot this slipping causes friction which, when continued hour after hour, day after day, is sure to cause inflammation and soreness some place, either on the soles of the feet, the tops, ends and inner sides of the toes, the great or little toe joint, or the back of the heel.

The rundown heel throws the body out of poise, which strains the muscles of the feet and legs and causes pains which are often attributed to rheumatic conditions.

What Kind of Shoes Do You Buy?

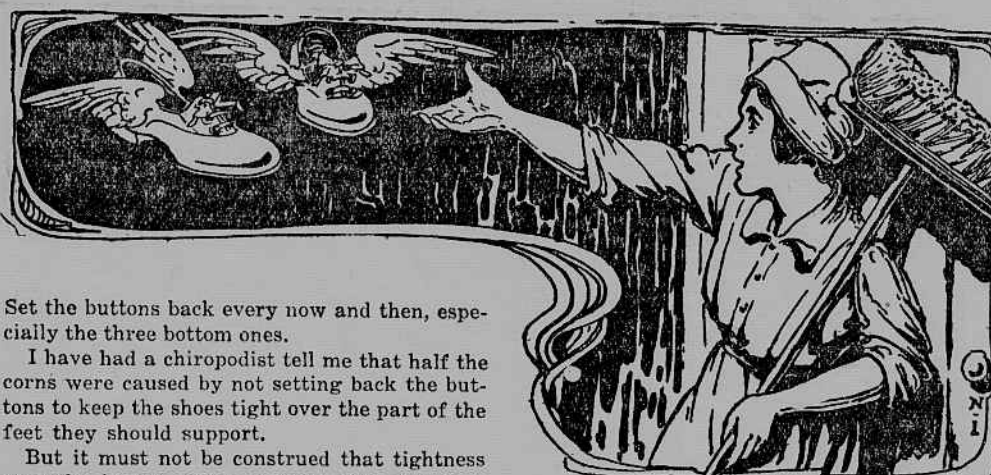
Do you buy your shoes according to prevailing styles entirely? or according to the shape and needs of your feet? Improperly fitting shoes do more than hurt the feet, they affect the whole nervous system and often disturb the health of the entire body.

If your foot is short you require a short vamp, while a long foot requires the vamp to be long. A tapering foot needs this kind of a toe on the shoe and a broad foot a round toe. The shoe should conform as nearly as possible to the shape of the foot, and above all things, should not be too short, for to wear a short shoe is the quickest possible way to get a bunion.

Be sure a shoe fits snugly under the arch, carelessness in this respect is responsible for much of that painful trouble known as flat foot or fallen arch.

A laced shoe is by far the best kind to have for the working shoe, for it can be made tight over the instep and thus support the foot. But in buying laced shoes remember that they should not come together when first laced. The sides should gap or form a V to give leeway for the stretching of the leather. If they come together at first they are soon so loose that the foot slips all about.

Never allow button shoes to become loose,



Set the buttons back every now and then, especially the three bottom ones.

I have had a chiropodist tell me that half the corns were caused by not setting back the buttons to keep the shoes tight over the part of the feet they should support.

But it must not be construed that tightness over the instep means a tight shoe, for in a tight shoe the normal activity of the foot is impossible, the circulation of the blood is impeded and the joints are pressed out of place. Naturally, the wearer reflects her discomfort in face and manner, but this is a trifle compared with the future troubles she is laying up.

What High Heels Do to You

In the face of the prevailing high heels it seems useless to say very much, but I will just quote a well known doctor: "No woman pretends that she is comfortable when wearing high heels nor can she hope to be graceful when wearing them, for the body is thrown out of poise and the action of the feet is restricted. More serious than her awkwardness is the eventual injury to her health. For in the

effort to preserve her equilibrium the shoulders are thrown forward, depressing the chest; breathing is interfered with, and that means poorer blood and a final decrease in vitality. This comes gradually, but it is inevitable when a woman persists in wearing very high heels. Her heels should conform to the arch of her instep."

Watch the Children's Feet

Few people realize the importance of properly fitting the children's shoes. They should never be chosen haphazard, neither should the children be depended upon for the verdict. A child does not always know at the time whether or not a new shoe is comfortable. The mere

fact that they are new shoes outweighs for the moment the feeling that they pinch a bit.

But badly fitting or too short shoes lay the foundation for many foot and bodily troubles of later life.

A foot that has too much outside help from shoes soon ceases to call for inside help from muscles. These do not perform their work and weakness follows. The general health of children is soon reflected in the feet. Anemia, poor nourishment, an overabundance of sweets, weaken the bones and muscles of the feet.

See That Stockings Fit, Too

Stockings play an important part in the conservation of both our own and our children's feet. Do you know that a stocking that is too short or too tight is almost as bad for the feet as shoes with the same faults? They are the cause of many ingrowing toenails and enlargement of the big toe joints.

Care should be taken that the stockings are long enough. A foot 10-2.3 inches long and 3 1/2 inches wide cannot safely wear a stocking under size 11 without inducing a tendency to the above mentioned complaints and to crumpling of the toes.

As nothing rests one so quickly as freshly clad feet, it is essential to have a good supply of stockings. A daily hot, soapy bath, a cold rinse, and if necessary, a little dusting with rice or talcum powder before drawing on fresh hose will keep the busiest feet healthy—and nobody's feet are much busier than those of the average housekeeper.

Exercise and Rest Both Needed

Nothing living can thrive unless it has plenty of exercise; not a thing, from teeth and brains down to feet.

Rolling of the feet, raising and lowering of the heels, as well as the inner edge of the foot, standing, walking and hopping on the toes, bending and stretching the knee and jumping exercises all help to strengthen the feet and enable them to meet the demands of life on into old age.

Any one who is a close observer cannot but be struck with the lack of elasticity which most women over forty show when they are going upstairs; they mount as if it cost them great effort. Frequently this is due to the loss of strength in the feet, caused by lack of exercise and proper care.

On the other hand, do not be afraid to rest your feet. Sit down at your work whenever you can; a chair in the kitchen is a great foot conservator. One may walk all day long upon two feet without injury, but cannot stand perfectly still, as when paring the dinner vegetables, ironing the small pieces, etc., for a quarter of an hour without a crippling degree of fatigue and a risk of serious injury to the feet.

When you must stand learn to sway the body from one foot to the other; it will help rest your feet.

A single corn, no larger than a grain of sand, can take all the snap out of you.

As corns are caused by continued pressure on the affected part, see to it that the pressure is removed rather than cut the corn.

This is a very dangerous practice, owing to the liability of infection from a dirty knife or razor, or if these are clean it may happen that the poisoning germs may be rubbed into the cut surface from unwashed hands, muddy shoes, or soiled stockings, or from the dye rubbing off the latter.

A safe rule to follow is, "Never cut your corns with anything sharper than a teaspoon."

Soft corns are often due to excess perspiration and the uric acid thrown off in this manner. Frequent baths, therefore, care in wiping the feet very dry and a piece of antiseptic gauze, instead of cotton which retains the heat, laid over the affected place will go a long way toward their cure.

The disasters due to badly shod or painful feet are very far-reaching; they are a serious handicap upon one's efficiency in every direction, mental as well as physical," says a foot specialist of note. This being true, it behooves us to take the proper care of these much abused members.

Eggs "Put Down" In Water Glass

May is the last of the three best months for preserving eggs. The state experiment stations and the Federal government give directions for the process and certify to the fact that the eggs will keep and be wholesome. One



of the simplest circulars describing the method is issued by the Alabama Station, at Auburn (Circular No. 36). These are the main points in the process:

Only eggs of the first quality should be preserved. Infertile eggs are to be preferred.

Select clean, uncracked eggs and do not wash them.

Any container that will hold water and not corrode will answer, such as glazed earthen jars, glass fruit jars, galvanized buckets, etc. A one-gallon capacity container will hold three dozen eggs; the containers should be filled.

The water glass may be purchased either in the powdered or liquid form from any drug store. A \$1 package in powdered form will keep fifty dozen eggs. The liquid glass costs about \$1.25 a gallon.

Scald the container, boil the water to be used to sterilize it thoroughly, and let it cool.

Dilute one gallon of liquid water glass in ten gallons of sterilized water (one quart to ten quarts of water), or use one pound of the powdered water glass to two gallons of sterilized water.

Be sure that the water covers the top layer of eggs at least two inches. Eggs may be added to the solution each day and should be as fresh as possible.

Place a wooden cover or plate over the eggs to make sure that they will be held at least two inches below the liquid.

When the container is full, tie a heavy wrapping paper, dipped in vaseline or paraffine, over it to prevent evaporation.

Keep the jar in a cool place and do not remove eggs until they are to be used.

The theory of this process is merely that the pores of the eggs are filled with water glass, and so are hermetically sealed.

Careful experiments have proved that eggs so put up will keep from eight to ten months perfectly, and the eggs absorb nothing deleterious from the solution. The whites may be slightly thinner than in a new laid egg, but they will whip and are in good condition for use. If water glass eggs are to be boiled, a pin hole should be made in the large end of the egg, so that it will not crack in hot water.

Fresh eggs put down at May prices will be a boon next December and January, when the price will be—no one knows what.



It is the height of the egg season and the time to preserve eggs in water glass for the days of shortage and high prices that are scheduled for next winter.

Telephone
The Tribune Institute Service
Station
MORNINGSIDE 7795

for eggs at the wholesale cost, plus 3 cents per dozen, that are guaranteed to be worth preserving. It is a waste of time and money to use anything but the best for this purpose.